Introduction

Le Tour will be the biggest ever free sporting event in Britain and we are ready to welcome the world this summer for what promises to be a fantastic sporting spectacle.

On Monday 7 July, the cyclists of the 101st Tour de France will line up in the historic city of Cambridge ready to take on the fast flat dash to London via Essex. They will cover roads and lanes which are normally the domain of commuters and day trippers as they travel nearly 100 miles through the south of the country.

The UK is the number one destination for world-class sport and we are honoured to welcome Stage 3 to the streets of Cambridge, Essex and London. We hope that spectators, either watching on the route or from home will enjoy the spectacle that is Le Tour de France.

Here are a few tips and hints for anyone planning to come to watch Stage 3 of Le Tour de France with further information available at www.letour.yorkshire.com/stage-3. Have a look at the guidance, make sure you plan ahead and, above all, enjoy!
Getting There

With so many fans expected to line the roads along the route, getting to where you want to watch from will take longer, so leave enough time to be there for the whole Tour.

To make the most of your experience:

- Plan ahead and keep checking travel updates in your area.
- Set off early
- Fancy some freebies? Don’t miss the build-up to the race with La Caravane, 2 hours before, where the weird and wacky vehicles throw out goodies to the crowd.
- Don’t like waiting around? Go to one of the Spectator Hubs or Official Fan Parks along the route. Offering entertainment as well as access to food, drink and facilities these locations are ideal for families and larger groups.
- Choose your spot wisely and stick with it! Moving around once Le Tour has started will be a definite ‘Non!’

Public Transport will be the best way to get out and make the most of what’s happening on the day although it will be much busier than usual, as the roads forming the route will close early in the morning. Please allow plenty of time for travel and plan ahead.

La Caravane

The famous Caravane is a spectacle not to be missed! Arriving 2 hours before the cyclists it takes about 40 minutes for over 170 vehicles to pass through so there’ll be plenty to keep you busy as you line the route.

A lot of participants will be handing out give aways so make sure you’re there early to catch your very own souvenir.
Best Viewing Spots - Spectator Hubs and Fan Parks

Hundreds of thousands are expected to visit Stage 3 to witness Le Tour de France.

The route boasts many excellent vantage points and will take you close to some stunning and unique attractions. In some locations you’ll find events and activities allowing you to watch the whole of Stage 3 live and celebrate the biggest cycling event in the world in style.

Stage 3 sets off from historic Cambridge, journeying through Essex with an iconic finish on The Mall in central London. There are loads of great locations to watch the start of Le Tour from and although some areas will be closed to the public for safety reasons, the route is un-ticketed so everyone can watch for free.

All you’ve got to do now is decide when you’re coming, where to stay and what to do during your visit!

We are encouraging people to watch locally, pick a spot and stick to it to make the most of what the day has to offer. People are advised to walk, cycle or use public transport to get to the event. Please plan your journey in advance and remember to check for any last-minute changes before you travel.

Locations

Cambridge
Visit www.visitcambridge.org for more information

Key race locations
The Colleges and the University of Cambridge
King’s College Chapel
The Round Church
The Fitzwilliam Museum
Cambridge University Botanic Garden
**Essex**
Visit [www.visitessex.com/events/tour-de-france.aspx](http://www.visitessex.com/events/tour-de-france.aspx) for more information

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<thead>
<tr>
<th>Key race locations</th>
<th>Caravane</th>
<th>Race</th>
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<tbody>
<tr>
<td>Finchingfield – Big Screen</td>
<td>11:19</td>
<td>13:14</td>
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<tr>
<td>Festeld – Big Screen</td>
<td>11:49</td>
<td>13:42</td>
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<tr>
<td>Chelmsfor’s Admirals Park – Big Screen</td>
<td>12:11</td>
<td>14:02</td>
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**London**
Visit [www.visitlondon.com](http://www.visitlondon.com) for more information

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<tr>
<th>Key race locations</th>
<th>Caravane</th>
<th>Race</th>
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<tr>
<td>Epping Forest (The Sprint)</td>
<td>12:56</td>
<td>14:43</td>
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<tr>
<td>Woodford</td>
<td>13:09</td>
<td>14:55</td>
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<tr>
<td>Walthamstow</td>
<td>13:19</td>
<td>15:04</td>
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<tr>
<td>Leyton</td>
<td>13:25</td>
<td>15:09</td>
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<tr>
<td>Queen Elizabeth Olympic Park</td>
<td>13:26</td>
<td>15:11</td>
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<tr>
<td>West Ham Lane</td>
<td>13:26</td>
<td>15:11</td>
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<tr>
<td>Tower of London</td>
<td>13:52</td>
<td>15:35</td>
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<tr>
<td>Victoria Embankment</td>
<td>13:52</td>
<td>15:35</td>
</tr>
<tr>
<td>Westminster Bridge</td>
<td>13:58</td>
<td>15:40</td>
</tr>
<tr>
<td>Houses of Parliament</td>
<td>13:58</td>
<td>15:40</td>
</tr>
<tr>
<td>The Mall (The Finish)</td>
<td>14:00</td>
<td>15:42</td>
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*These are expected to be popular areas and to get very busy. Make sure you choose your spot wisely, stick with it and plan how you will get there in advance.*
Stage 3 of Le Tour will take place next to Parker’s Piece in the historic city, where the site will be transformed into a cycling village with a host of events and sporting activities next to the official start, where the teams will be introduced to the public as they prepare for their 159km ride to London. A great place for fans to see their cycling heroes up close and watch the race as the peloton leaves Cambridge, with visitors able to wander the city and enjoy choirs singing the special arts commission Cycle of Songs. Performed by local people, musicians and choirs, the songs are inspired by iconic locations along the route of the race.

In Cambridge Le Tour will coincide with the Council’s annual Big Weekend on Parker’s Piece (4 – 7 July). The event will include cycling themed events, live music, a French market and catering units alongside a big screen that will show the race until it finishes on the Mall in London.

Visit the Council’s website www.cambridge.gov.uk/summer for more details.

Spectator Hubs in London

Spectators, visitors and cycling-enthusiasts will be able to soak up the atmosphere at the Spectator Hubs along the route.

These include Queen Elizabeth Olympic Park and Tour de France Official Fan Parks located at Green Park and Trafalgar Square, which will be open between Saturday 5 and Monday 7 July hosting a variety of activities.

These will be free and an ideal location to watch the race live on giant screens.

For more information go to www.letour.yorkshire.com/stage-3-cambridge-essex-london/spectator-hubs
Disabled Access

Everyone can enjoy Le Tour as it’s free to watch. Choose a spot at the roadside, position yourselves there for the day, and sit back and enjoy the action as the world’s greatest sporting event unfolds before you. Accessible viewing will be available, please visit www.letour.yorkshire.com/accessibility for further information.

Merchandise

Thinking about where to get a memento of the day? On the day London will host a number of Le Tour de France outlets at various points along the route where you can pick up official merchandise.

There will be 4 stores selling merchandise, team products and official newspapers in St James' Park with more vendors located near Embankment and the Tower of London.

Cambridge and Essex will also have pop up merchandise vendors along the route.

Where to stay

Looking for some great places to stay? Whatever your budget, from hotels, B&Bs, self-catering, camping and more, you’ll find exactly what you’re looking for. Check out some suggestions at www.letour.yorkshire.com/stage-3/where-to-stay

On the day

Dress to impress
With the infamously unpredictable British weather pack for rain, sun and wind.

- Team colours
- Jaunty hat
- Plenty of water
- Picnic
- Flag & cowbell

Pack le picnic

- Keep hydrated and keep happy on the hottest of summer days.
- A picnic will not only look after your pennies, but you’ll also avoid long queues meaning you won’t miss one second of the most exciting race on the planet.
- No one does picnics better than the French so take a leaf out of their book and pick up some brie, crackers and the best crusty bread on the continent; bon appetit!
Feeling unwell?

There will be stewards along the route to help you with information and ensure safety, follow their instructions and our advice and all should be fine.

Follow our advice and all should be fine. But if you do start to feel unwell on the day and need medical help or advice there will be stewards along the route or you can call our free national helpline by dialling 111 to speak to an NHS adviser.

The 24-hour NHS 111 service can give you healthcare advice or direct you to the local service that can help you best.

In a genuine, life-threatening emergency dial 999 and ask for an ambulance.

You can find out more about health services in England and Wales by visiting www.nhs.uk

Follow us

For all the updates you need in the run up to and on the day! Visit www.letour.yorkshire.com/stage-3 for more information.

CAMBRIDGE

Follow @LeTourCambridge

Facebook.com/LeTourCambridge for updates

ESSEX

Follow @LeTourEssex

LONDON

Follow @letourinlondon

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@LeTourLondon